

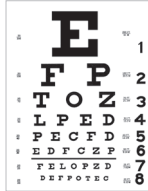





State of Rhode Island

Rewards for Wellness 2012-2013 Program Calendar

Take steps in a healthy direction and earn up to \$500!

Rewards for Wellness	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery	Completed ✓
	1. Complete "Soothing Stress" tutorial.	\$50	August 1, 2012 through September 7, 2012	October 26, 2012	<input type="checkbox"/> Date: _____
	2. Enroll in CurrentCare OR Complete Health Assessment.	\$50	September 10, 2012 through November 30, 2012	December 21, 2012	<input type="checkbox"/> Date: _____
	3. Obtain Vision screening at on-site health fair OR with your eye doctor.	\$50	August 1, 2012 through January 15, 2013	February 15, 2013	<input type="checkbox"/> Date: _____
	4. Obtain Blood Pressure Screening equal to or less than 140/90 OR consult with your physician on a treatment plan.	\$100	August 1, 2012 through February 1, 2013	March 1, 2013 March 15, 2013	<input type="checkbox"/> Date: _____
	5. Obtain Body Mass Index (BMI) Screening with a BMI of less than 30 OR take action to lower your BMI.*	\$125	August 1, 2012 through March 27, 2013	April 26, 2013 May 10, 2013 May 24, 2013	<input type="checkbox"/> Date: _____
	6. Complete Physical Activity Challenge.	\$125	April 8, 2013 through May 12, 2013	June 21, 2013 July 5, 2013 July 19, 2013	<input type="checkbox"/> Date: _____

* Approved actions to lower your BMI: participate in an approved weight loss program OR attend three visits with an in-network dietician/nutritionist OR provide receipt(s) showing active gym membership for at least three months during the time of BMI offer.

More program details are available at www.wellness.ri.gov and in your HR Department.